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November 27, 1985 — December 11, 1985

Intervention: It Helps Break The Disease Process Of Addiction And Aids Recovery

Statistics show that one person out of every ten gets caught in the downward spiral of chemical abuse. It could be alcohol. It could be cocaine. It could be marijuana. Many times it is a combination of all three. The main problem in dealing with the abuser or "addict" is getting them to recognize the fact that they are sick and need help, and then, getting them to seek treatment. The success rate in getting them to treatment has grown through a process called intervention.

You might have heard about it since many recovery centers are now prominently promoting it. But exactly what it is and how it works is still relatively unknown to the general public.

"It used to be believed and still is to a large extent in the community that the people really need to hit bottom before they would get any help," said Lee Jampolsky, Ph.D., outpatient program coordinator for the Recovery Center at Community Hospital.

"Different treatment facilities started noticing that people's bottom varied. As people started noticing that bottoms varied they said maybe we can somehow create a crisis in a controlled situation where that bottom will be brought up. That's what intervention does," he said.

Intervention is a new way to bring a solution to a problem. It helps the addict get through the denial stage by confronting them with their addictive behavior. It also helps the family because "denial is something that family members do too," said Jampolsky," which is an important reason for the intervention process.

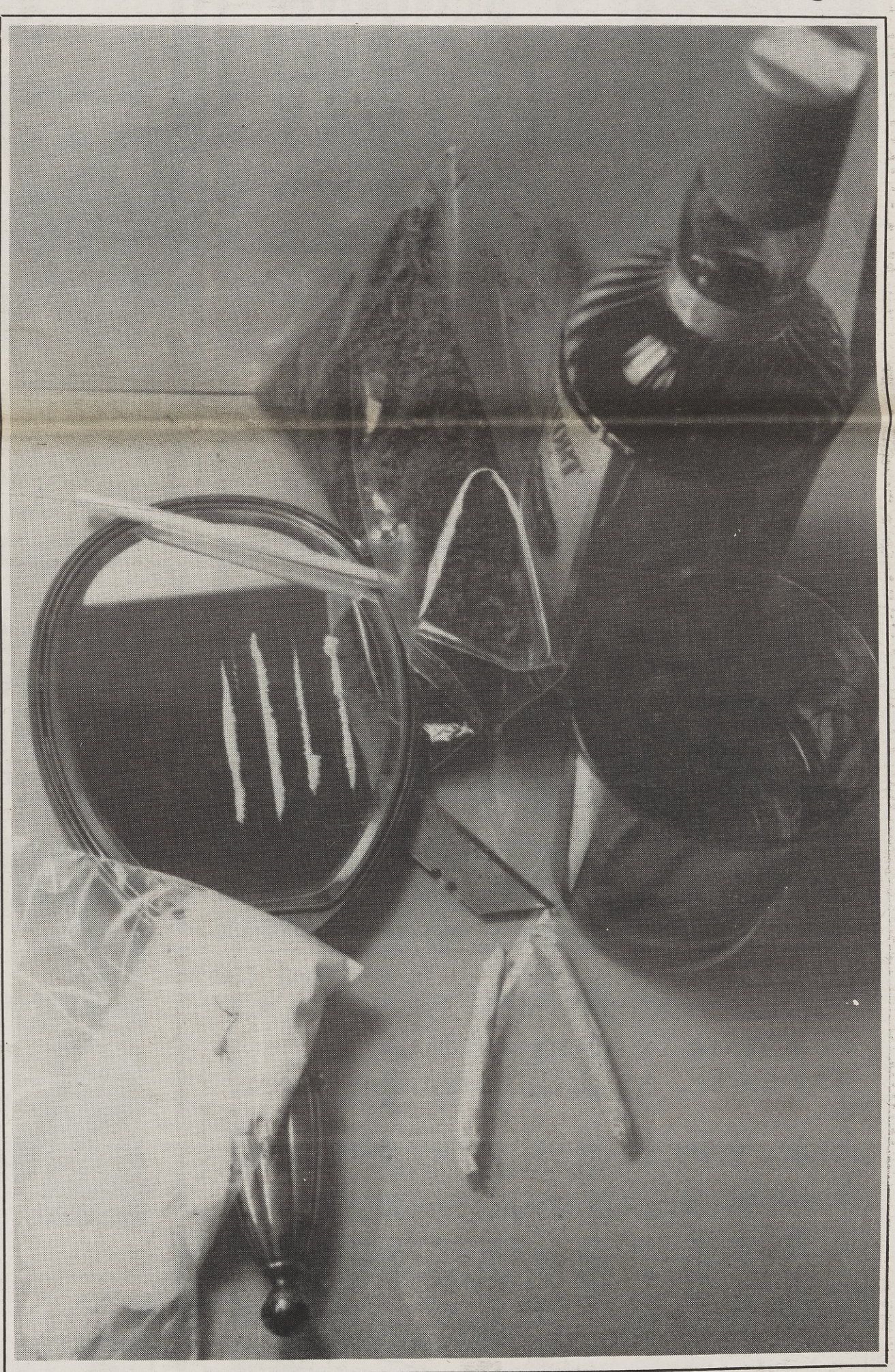
There is a lot of preparation work involved in an intervention which proceeds in four stages: assessment, education, rehearsal and intervention.

If after an initial assessment the family decides an intervention is appropriate those that will participate are gathered. "You want to get in an intervention those that have the most clout. Those with "clout" could be a boss, close friend, or business partner. "Children are very effective," said Intervention Counselor Janet Hurley, M.F.C.C.

Though children are effective, she said, sometimes families try to protect the child by not wanting to bubject them to the process. "Well the child is already subjected," said Ms. Hurley, "day after day with the alcoholism."

In the process the participants learn about the nature of the illness: the pathologic defenses, the memory distortions, the process of chemical

Continued page 3



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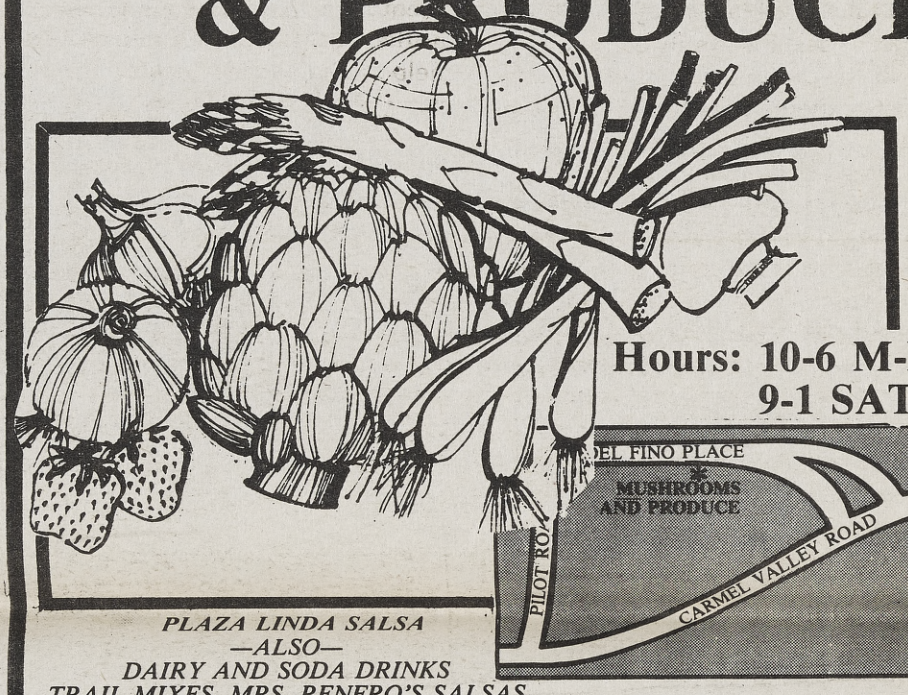

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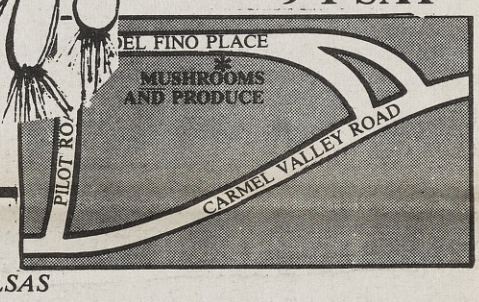
9-1 SAT



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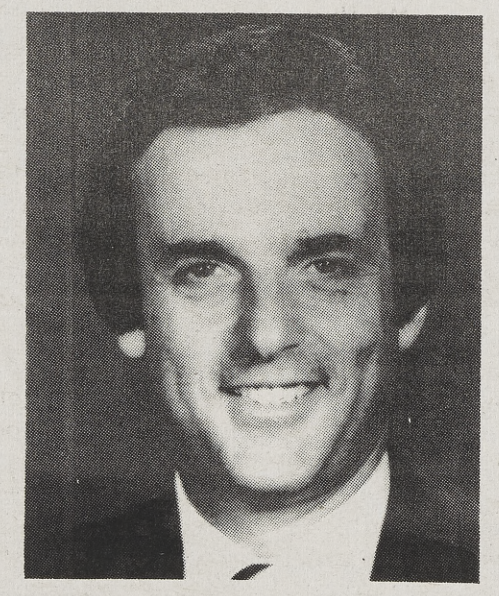

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Intervention

Continued from front page

dependency and its effect on the family system. "They begin to see addiction in a different light," said Jampolsky. "They begin to see it as a disease no different then somebody having diabetes or cancer," which helps take the blame out. Once that blame is gone the family can see their role in the situation he said.

"Often there are certain things that family members do out of concern and love that really enable the person to continue to drink," said Jampolsky.

In the process the family also learns to deal with the emotions they have been repressing because of the disease.

The preparation time varies. According to Ms. Hurley it could take one session or it could take four.

"I like to spread it out over three to four weeks," said Jampolsky. "There's lots of feeling and emotions and everything else that comes up for people that I like to spend time with and to deal with."

Before the actual intervention is performed the family does their "homework". They prepare detailed lists of the abuser's "observable behavior" and how they felt about it at the time. "Often the how they felt has never been said before," said Jampolsky. They also prepare for any excuses that the abuser might come up with to not seek treatment. If he uses the excuse that he can't take off work they might have a note from the boss which allows time off for treatment.

The participants then begin rehearsing. "It is very much like putting on a play," said Ms. Hurley. They continue their rehearsals until they are ready. "They've got to get the anger out of them," she said.

At the actual intervention (usually a surprise to the abuser) the participants talk about their love for the individual, the observable behavior and how they felt. "Nothing more," said Ms. Hurley. They state factual data and talk about the negative aspects of the disease. The process does not allow for pointing fingers, complaining or blaming.

If the person still denies the problem the next phase is the consequences. Each participant has set their own limit. "If it's a business partner he can say I really do care about you but if you don't seek treatment I can no longer be your business partner and the partnership will have to end," said Ms. Hurley.

If they can't sever the relationship then they might just change the relationship. "A friend could say I am your friend. I will always be your friend but I don't want you to come to my house anymore disturbing my children. But, I will see you outside," she said.

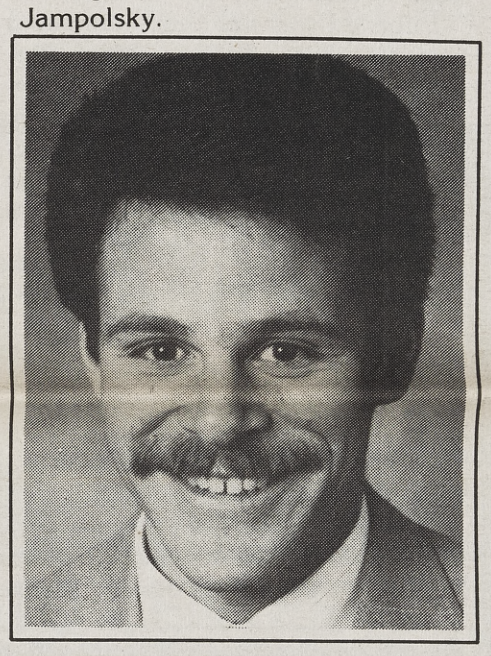
Interventions are considered 100 percent successful whether the individual seeks treatment or not. "An intervention never fails because a person has a right to be self determined. That person has a right to say no," said Ms. Hurley.

If nothing else, the family has learned to communicate with the addict and to get in touch with their "bottom line" which they've never been able to do before said Jampolsky.

"Most people reluctantly give up and go in (for treatment)," said Ms. Hurley. According to Jampolsky national statistics show that 80-90 percent of those intervened on end up seeking treatment.

Making the decision to do an intervention is never easy. "People are scared. They're hurt. They don't know what to do. They're at the end of their rope," said Jampolsky. Intervention offers them hope in that they can do something that is effective. If it results in them withdrawing it still offers the addict a better chance to get treatment. "He cannot ask for help as long as there are people wanting him to get help on the outside because then they win and he loses," said Ms. Hurley.

Even though he is confronted, the addict usually leaves an intervention feeling loved and cared about said Jampolsky.



"Intervention is done out of love and caring," said Ms. Hurley, "It's the only way to do an intervention.

The time to seek an intervention is when someone in the family is ready to throw in the towel. "They just don't know what to do. It's interfering in their lives. It's interfering with their health. It's a point of desperation," said Ms. Hurley.

Often people try to do an intervention on their own but they can't get past the anger and therefore it doesn't work. For an intervention to be done properly, you need to have a lot of data—specific circumstances and dates. When that information is available, that's the time to do an intervention.

The intervention process was developed by Dr. Vernon Johnson, founder and president emeritus of the Johnson Institute in Minneapolis, author of *I'll quit tomorrow.* . It has actually been around for at least 15 years said Pat Moelody Director of the Meadows recovery center Wickenburg Arizona. "It used to be available only in Minneapolis," he said. Since then the process has been simplified so it is easier to teach. "It's a powerful force he said."

Janet Hurley, M.F.C.C. received her intervention training from Melody. She has been doing interventions for the past two years. Jampolsky, who has a Ph.D in clinical psychology heads the new outpatient program which begins

Continued page 15

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CONTENTS

Intervention.....cover
News.....page 4
Mail.....page 5
Meetings.....page 6
Talent.....page 7
Entertainment.....page 8
Art.....page 9
Business.....page 10
Health.....page 12
Books.....page 13
Clubs.....page 15
Guild.....page 15
Voices.....page 16
Classifieds.....page 16

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Carmel Valley Sun

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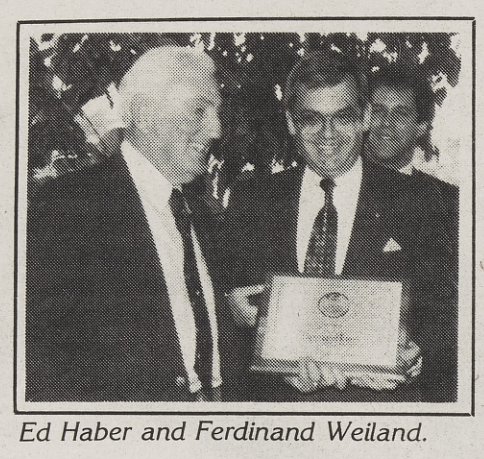
The Cover

Though it looks rather realistic, our cover is only made up of parsley flakes, baking soda and weak coffee.

Quail Lodge Gets International Recognition



Ed Haber and Ferdinand Weiland.

Carmel Valley's Quail Lodge recently gained international recognition as the newest member of Preferred Hotels Worldwide, an association of independently operated and marketed luxury hotels and resorts. It is the first time a Central California resort has been selected to become a member of the prestigious organization.

"It's a dream come true," said Ed Haber, president of Quail Lodge.

Membership in the association which includes 62 establishments that span 12 countries is a stamp of approval on cuisine, service and architecture. Quail Lodge is only the third resort to be recognized by the association.

Those being considered for membership receive a personal visit from association members. Sometimes announced, sometimes unannounced. According to Lynn Farrar, general manager of Quail Lodge there is a 200 item check list to pass to meet association requirements. High on the list, according to Ferdinand Weiland, *president of Preferred Hotels and president of Hotel duPont in Wilmington, Del.*, is how the resort refelcts the culture of the community.

Association members must also have a minimum 4-Star Mobil Guide rating and/or 4-Diamond AAA rating. Quail Lodge has earned the Mobil Travel 5-Star Award for the past nine years.

Though they recieve upwards of 150 applications per year the association prefers to recruit members by invitation only, said Wieland, who presented Haber with a membership plaque at a press conference held November 19. Other association members appearing at the press conference were Jim Nassikas, president of Stanford Court Hotel in San Francisco and Fred Grand, general manager of the U.S. Grant in San Diego.

McGowan Appointed To Mid Valley Fire Board

Supervisor Karin Strasser Kauffman has announced the appointment of Mrs. Anne McGowan to fill a vacancy on the Mid-Valley Fire Protection District Board of Directors. The appointment was confirmed by the Monterey County board of Supervisors at their November 19 meeting. Mrs. McGowan was sworn in to her new duties by Supervisor Strasser Kauffman at the regular meeting of the Board of Directors on Wednesday, November 20.

Mrs. McGowan, a local attorney, resides in the District and is a partner in a Carmel law firm. "McGowan's legal background and her proven track record in volunteer community service make her the ideal person to join the Board at this time," Strasser Kauffman declared. "She is experienced, having service on other Boards; her interest and integrity are beyond question; she will complement the current Board during the transition now taking place. I anticipate a spirit of cooperation among present Board members, Volunteer Fire Fighters and Mrs. McGowan to definitively conclude a difficult period," Strasser Kauffman stated.

As a result of an agreement forged between the present Board and the Volunteer Fire Fighters last week, the Board of Directors will be reconstituted as a whole by January 31, 1986. During the transition period, Supervisor Strasser Kauffman and an observer yet to be named, will oversee the transition from the present Board to the new Board and the hiring of the new Fire Chief for the District.

CVPOA Announces Board Candidates

Balloting for five officers and four new members of the Board of the Carmel Valley Property Owners Association will be held in January, president Jerry Foote, announced this week in releasing a list of nominees.

Eugene Erner has been nominated for a one year term as president, Mrs. Foote said. R.T. Nimmons is a candidate for vice president; Barbara Olson for recording secretary; Betsy Shea, corresponding secretary; and John Tiernan, treasurer. Mrs. Oslon and Mr. Tiernan are incumbents.

Five candidates will run for four vacancies on the board of directors for a two year term, Mrs. Foot said. Candidates are Howard Brunn, Donald Harrison, Foosie Heuer, June Sheppard, and Charles Tillinghast. Mr. Tillinghast is an incumbent.

A mail ballot will be sent to CVPOA's more than 1,000 members in early January. Installation will be at the association's annual meeting in February.

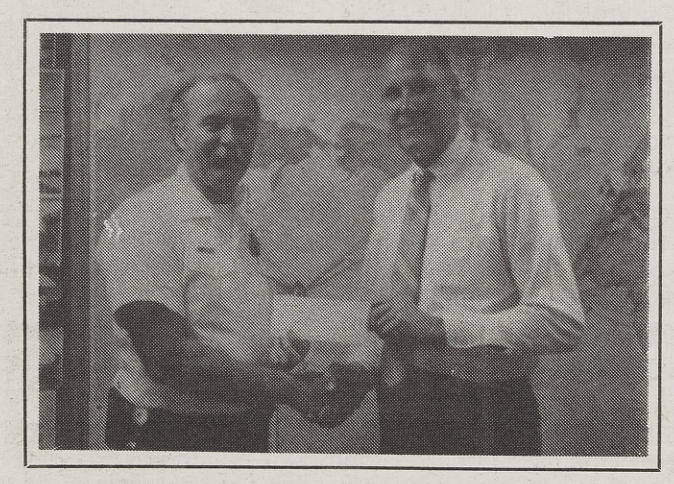
Resource Center Will Hold Annual Song Fest

The Carmel Valley Women's Resource Center will present its annual Christmas Song Fest December 21 from 4 to 6 p.m. at Stew's Plumbing, Esquiline Rd.

Hot cider, coffee and other goodies will be served and Santa will be on hand to entertain the kiddies. There will be a raffle with door prizes appropriate for children's gifts.

Raffle tickets go on sale December 1 at the Oak Deli and the Women's Resource Center office.

For more information call 659-3445.



Comsat Donates To Youth Center

A.J. Stotler (right), Director of Comsat Pacific Operations and the Jamesburg Earth Station presented a check for $500 to Robert Heald president of the Carmel Valley Community Youth Center. According to Heald the funds will be used for general operating expenses.

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Postal Service Advises: Wrap It Right

Carmel Valley Postmaster Terry Williams has half a dozen "dos" and "don'ts" for customers who want to be sure their holiday parcels get delivered.

**Don't box yourself in—use the right container.* Boxes must be adequate in size for the items being mailed and provide enough space for cushioning material. They must also be strong enough to hold the weight of their contents. If the box has adequate space for an address (cross out confusing information), it is not necessary to wrap it in paper. If you use paper, however, be sure it is equivalent to the kind used in grocery bags (60-pound weight). Fiberboard tubes and similar long packages are acceptable if their length does not exceed 10 times their girth.

**Give yourself some cushion.* Cushioning absorbs and distributes shock and vibration. Examples of good cushioning materials are foamed plastics, corrugated cardboard and loose fill material such as polystyrene, popcorn or shredded newspaper. Loose fill material should completely cover the items being mailed.

**Close parcels up right.* Use tape, not string or rope, to close packages. Cellophane and masking tape should not be used. Pressure sensitive, filament-reinforced tape is recommended and should be wrapped around the parcel at least twice.

**Addresses are important.* You can spend a fortune on wrapping, but your package will never reach its destination if it is not addressed right. Print or type the address clearly on one side of the parcel only. It is also a good idea to put the name and address inside the package in case the address label comes off.

**Don't mail your pet elephant.* Packages must not exceed 70 pounds. they must also be at least 3½ inches wide and 5 inches long, and total length and girth cannot exceed 108 inches.

**Don't overinsure.* If your parcel is valuable, you might want to insure it, but insure it only for its actual value. The Postal Service pays claims based on the actual value of lost or damaged items and not a higher amount.

"If you follow these six suggestions, it'll help us get your package where it's going on time, in good shape," Postmaster Terry Williams said.

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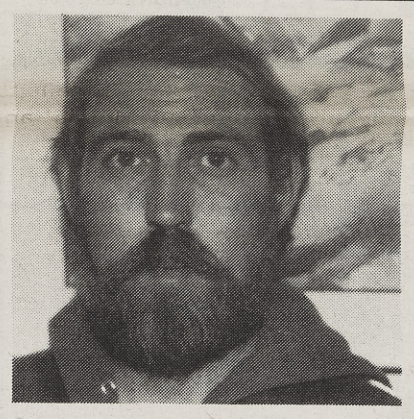

STEW'S PLUMBING
helpful home hints
1 Esquiline Rd./Carmel Valley/659-2411

Welcome to the first of a series of articles on the use and care of home appliances, heating and cooling equipment; and, what you, the homeowner, can do to save on costly repair calls.

First, let me assure you that my goal is not to make you into an ''expert.'' I can, however, show you some simple steps in maintaining your valuable appliances. In future issues, I will be happy ot answer any questions you may have. For now, let's break the ice by talking about the home refrigerator.

Most people make the mistake of assuming that a refrigerator ''makes cold''. A constant of physics is that there is no such thing as cold. Cold is, simply put, an absence of heat; and, a warm area will naturally give its heat to a cooler area. What this means to you is that your refrigerator doesn't make it cold inside, but moves the heat inside to the outside. I won't go into all the details, but it is important for you to realize this basic fact. This is done by a series of coils—one inside the refrigerator, and one outside. In most modern units, the outside coil is located beneath the unit and air is drawn over this coil by a fan. I would say that about 80% of my calls on a complaint of not enough cooling is attributable to this outside coil being blocked by a build up of dust, dirt, and animal hair caused by the fan which pulls in the debris over a period of time. (This happens in the cleanest of homes, so don't feel bad.)

The solution is simplicity itself. Most hardware stores will sell you a special brush for this particular problem (for around $5.00) and all you do is brush out the debris and then use a vacuum to clean up the remaining mess. I recommend this be done every 3 to 4 months. Along with giving you better service, this simple step will extend the life of your appliance, reduce running time; and, of course, reduce your electric bill, while saving you from expensive repairs.

Next time, we'll talk about forced air furnaces—their care and feeding. In the meantime, should you have a problem or question, call me at Stew's Plumbing and Heating.

'Til next time',
Dave Sweatt

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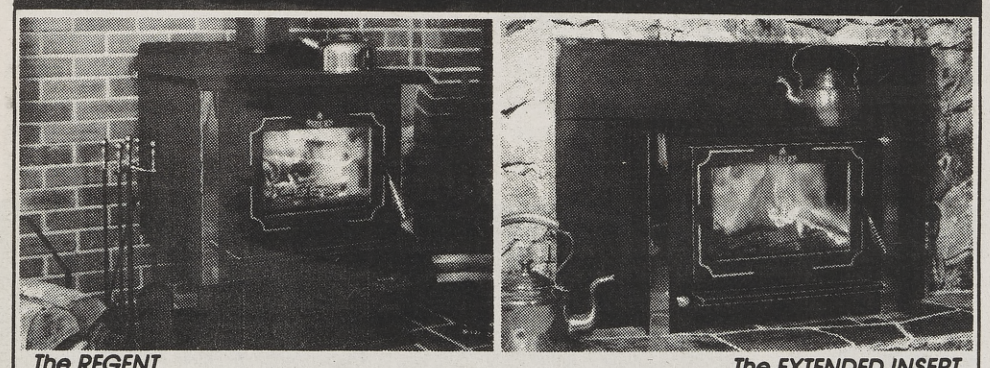

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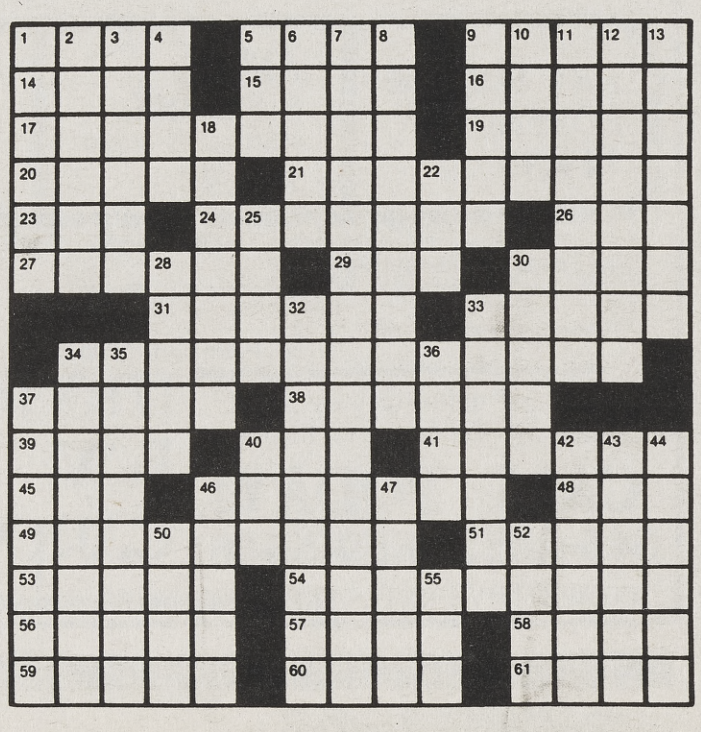
5 Gullets
9 Fish or fur
14 Great Barrier Island
15 Biblical brother
16 Groom
17 Start of a midlife remark
19 _____ out
20 Daises
21 Grow louder, musically
23 Within: Comb. form
24 Wander
26 Exclude
27 Bequest
29 Where Yellowknife is: Abbr.
30 Fairy Queen and namesakes
31 Botanical sacs
33 Room, in Rouen
34 More of remark
37 Trees of Panama
38 Stevenson and son
39 A last word
40 Vestment
41 Rancor
45 Govt. man
46 Highest branch
48 Ill-fated amendment
49 Russian official
51 American designer
53 For the birds
54 End of remark
56 Al _____ (pasta procedure)
57 German article
58 Lineage
59 Brünnhilde's mother, et al.
60 Impale
61 Special person

DOWN

1 Oblige
2 Futile
3 Poker variety
4 Islamic judge
5 West of Hollywood
6 Fiber plant
7 How you and I carry off each added year
8 Goodnight wish
9 Zest
10 *Rule Britannica* composer
11 Knockdown pitch
12 On tap at the library
13 Sanction
18 Closes up
22 Air France flyer
25 Bar stock
28 Hindu soul
30 Chinese island
32 Joins forces
33 Family branches
34 Switch sides
35 Diehard's lack
36 Desdemona's betrayer
37 Pour down
40 Modern "art"
42 Lower
43 Hellas
44 Spring time
46 Pitchfork parts
47 Soda brine crystals
50 First name in intrigue
52 Natural
55 Network



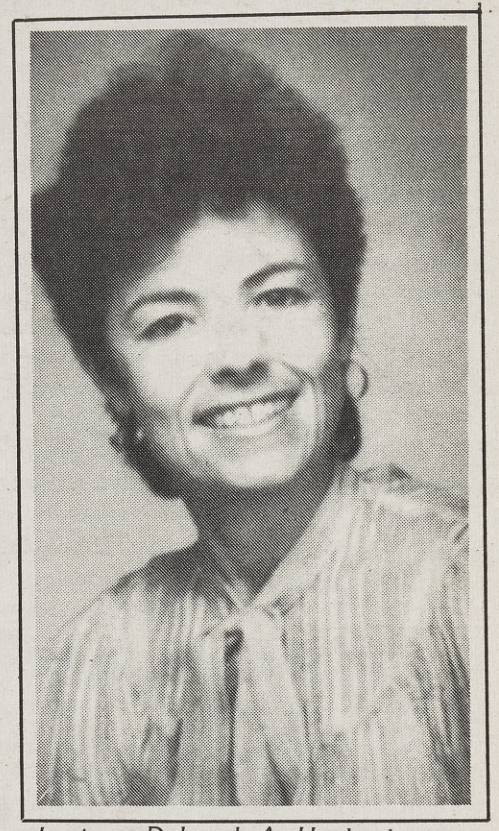
Lecture To Discuss Abuse, Victimization and Illness

Deborah A. Huebsch, C.S.B., a member of the Christian Science Board of Lectureship, will present "God's Man—Victor, not Victim", at Sunset Center, December 3rd, at 12:15 p.m.

Mrs. Huebsch's lecture will offer specific healing ideas from the Bible on how to overcome problems of abuse, victimization and illness. She speaks from experience, as she herself was healed of drug addiction and suicidal tendencies while attending college, when she learned of "the healing, redeeming power of a God".

Mrs. Huebsch, from Laguna Beach, California, was a ballerina and choreographer, before devoting her full time to the Christian Science healing ministry as a public practitioner. Her hour-long lecture sponsored by First Church of Christ, Scientist, Carmel is open to the public and free child care will be provided.

For more information call 625-6591.



Lecturer Deborah A. Huebsch.

Carmel And 5th District Supervisor To Hold Joint Meeting

Fifth District Supervisor Karin Strasser Kauffman and the Carmel City Council will hold a joint meeting on Thursday, December 5, 1985 beginning at 8:30 a.m. The public is encouraged to attend the meeting which will be held at the Pine Inn Hotel, Ocean Avenue at Monte Verde, Carmel.

This meeting is one of a series of regularly scheduled sessions between the city and the Supervisor. "I am extremely pleased with the communication that has been established this year, and with the spirit of mutual cooperaiton which has developed," Strasser Kauffman stated. "There are many pressing issues of concern to the constituencies we share, and, working on behalf of those constituencies, we can solve the problems facing us if we continue our dialogue and cooperation," Strasser Kauffman concluded.

Hidden Valley Announces New Board Members

Sue Dewar of Pebble Beach and Georgia von Richter of Carmel were elected to the Hidden Valley Board of Trustees at its recent annual meeting. Other meeting highlights, according to President Anne McGowan, were reports on upcoming activities, Elderhostel and the Hidden Valley trip to London.

Program plans for 1985-86 outlined by Peter T. Meckel, General Director, include the continuation of the Masters Festival of Chamber Music and the High School Orchestral Seminar in the Summer of 1986, expansion of the Dance Program and master classes and auditions for the next opera season which will begin in December 1986.

Elderhostel encampments will be expanded to six weeks in 1986, reports David Moulaison, Director of Finance and Operations at Hidden Valley. Elderhostel brings retirees to Carmel Valley from all over the country for classes in music history, dance and natural history of the Monterey Peninsula.

Twenty-three people took part in Hidden Valley's Tour Musicale to London in November. A performance of the Royal Ballet was included and along with it, a visit backstage with Royal Ballet principal dancer, Wayne Eagling.

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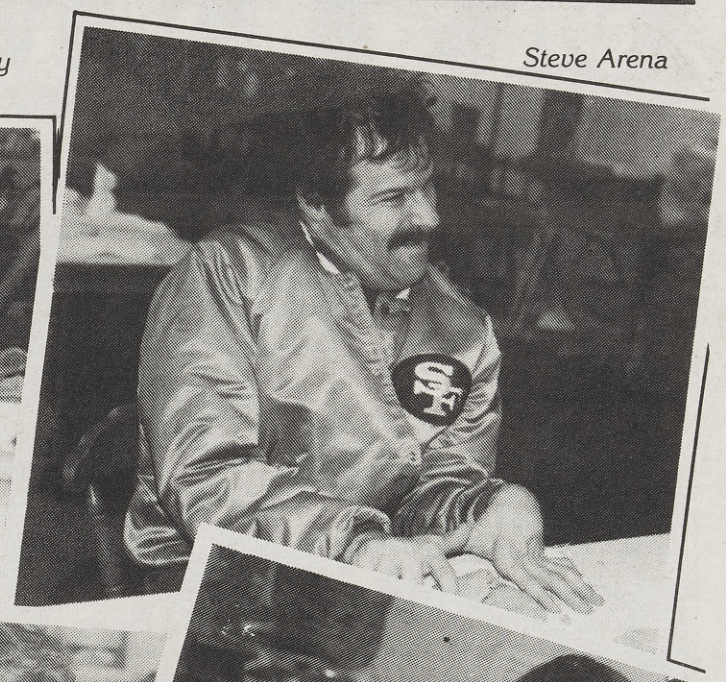
Christine Sauer

Sally Reichard (front) and Betty Hendricks

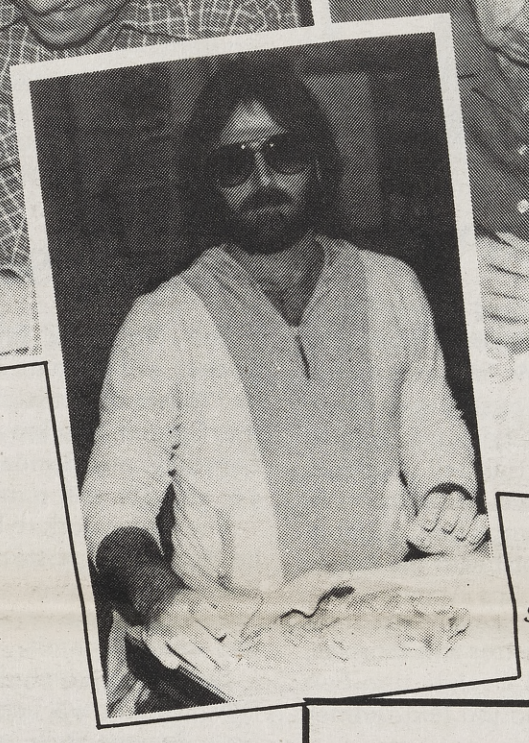


Steve Arena

Mike Ryan

Fern Lauderdale

Joan Goodrich and instructor Lily Kotler



Steve Loutherback

Talent Emerges At Rippling River Bazaar

by Diane Newton

Christmas is drawing near and the fun of choosing gifts is upon us again. Stores are full of lovely things, craft fairs and bazaars are being held by many organizations. These are great fun, not only for the chance to do some special shopping, but in many instances we know the people who made the gifts. So for those of us who still have some last minute shopping to do, a wonderful opportunity awaits us this weekend.

There will be a special Christmas Bazaar, December 1st from 10 a.m. to 4 p.m., in the Craft Room at Rippling River. This year, as in the past, there will be many wonderful items for sale including: cards with original paintings, donated by Maurice Harvey, Baked Goods, a White Elephant Table, a Plant Table and the unique handcrafted gifts made by the Crafts Class of Rippling River. The proceeds from the Bazaar will go toward supplying the crafts class with materials. This class, part of the Carmel Unified School District Adult Education Program, has been self-supporting for the past 3 years. This is due in a large measure to the success of the Christmas Bazaar.

The Crafts Class meets every Tuesday in the Craft Room at Rippling River and there are many different mediums from which to choose. Clay and it's varied possibilities is a favorite medium of Lily Colter, the instructor of the class. With her enthusiasm and encouragement there are some very nice things being produced by this group.

Most of the clay gifts are made from molds with the accent on the glazing techniques such as; windchimes or butterflies or unicorns, ornaments with little Christmas scenes, bud vases, ginger jars, and a variety of whimsical animals. There are also some one-of-a-kind gifts such as; hand thrown pots, pocket vases and hand built sculptures, each one unique and different.

Some of the students have become quite artistically adept at expressing themselves in this medium and what makes this emerging talent even more exciting is that the artists are either blind or have to battle cerebral palsy.

Christine Sauer's hand thrown pots are lovingly created and a delightful shape. Betty Hendricks handbuilt bears and turtles are quite expressive and show a special appreciation for animals. Steve Loutherback's Pencil Holder/Golf Bag and Dolphin on the Waves are perceptive and exceptionally well executed, the colors are very good also. Steve Arena's Pocket Vases should be a big seller, as well as Nancy Mariano's delightful pumpkins and ghost and her humorous baseball cups. Jim Burnham has some great wheelthrown pots and Margaret Sprague, some delightful handmade cats.

The room is humming with activity and conversation for the entire class time, as people joke and laugh and call

Continued page 11

SELECT YOUR

CHRISTMAS TREES

At the

Carmel Valley

KIWANIS CLUB

Tree Lot at

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$1 TREE DISCOUNT COUPON

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$1 TREE DISCOUNT COUPON $1

ENTERTAINMENT

Bach Society Will Perform In Concert

The California Bach Society, directed by Edwin Flath, will perform the six *a capella* Motets of Johann Sebastian Bach in two special Advent concerts on December 14 and 15 at All Saints' Episcopal Church in Carmel.

On Saturday, December 14 at 8 p.m. Motets 1, 2 and 4 will be presented, and on Sunday, December 15 at 3 p.m. Motets 2, 5 and 6. Also included in the program Saturday evening, mezzo-soprano Miriam Abramowitsch will sing selections from the *Liederkreis* of Robert Schumann, and bass soloist Thomas Wilcox will sing the four Serious Songs of Johannes Brahms on Sunday's program. Mr. Flath will accompany the soloists.

A distinguished organ recitalist, harpsichordist and pianist, Flath has recently been appointed Acting Director of Music at All Saints' Episcopal Church in Carmel. Mr. Wilcox is on the Monterey Peninsula to sing in an opera based on Dickens' *Christmas Story* to be presented at Hartnell College, Salinas, in December. He performs in this country and Europe for Columbia Artists and is a soloist with the Roger Wagner Chorale in Los Angeles. Ms. Abramowitsch has sung frequently with Bay Area orchestras and chorales, including the Bach Society, the San Jose Symphony and the Midsummer Mozart Festival.

Tickets are $15 for the two concerts or $9 singly. They may be purchased or reserved at the church office at Ninth and Dolores in Carmel.

For further information, call 624-3883.

Community Chapel To Present "A Ceremony Of Carols"

"A Ceremony of Carols" by Benjamin Britten will be presented Sunday, December 1 at 3 p.m. at the Carmel Valley Community Chapel.

A contemporary piece sung in "olde English," the work includes soloists Velvali Huston and Carmen Martin from Hidden Valley Music Seminars, a women's chorus, piano and clarinet accompaniment, all under the direction of Stephen Tosh.

The performance is open to the public.

The Community Chapel is located at the corner of Village Drive and Paso Hondo Road in Carmel Valley Village. For more information, call The Rev. Anne Swallow or the Rev. John-Paul Beaudoin at the Chapel office, 659-2278 on weekday mornings.

"Christmas In Carmel" Will Feature Combined Chorus

The choruses of local churches and individuals are invited to participate in "Christmas in Carmel" on Sat., Dec. 7 beginning at 3 p.m. at the Sunset Center in Carmel.

The combined voices will present a program of Christmas music from many lands including many traditional American carols.

Further participation is encouraged by bringing favorite baked goods to the celebration.

Part of the endeavor of that day will be a Christmas Bureau Basket sponsored by the Salvation Army. Donations of gifts for children and senior citizens or canned goods for the Christmas basket will be appreciated.

There will be a combined choir rehearsal Wed., Dec. 4 at 7:30 p.m. in the theater. Membership in a choir is not required.

For more information call 624-3996.

Choral Society To Open 24th Season

The Monterey Peninsula Choral Society will open its 24th season with its "Music of Christmas" concerts at the Carmel Mission Basilica Friday, Saturday, and Sunday December 13, 14, and 15, at 8 p.m.

The major work to be presented will be Mozarts *Vesperae de Dominica.* The Society will also sing Pachelbel's *Magnificat* and a variety of traditional and modern carols.

Soloists will include soprano Helen Dilworth, who will perform Mozart's *Ah Se in Benigne Stelle;* alto Linda Purdy; tenor Gene Ablin; and bass David Cox-Cresswell.

Accompanying the group will be Pauline Thomas on the harpsichord, Camille Oleata on the organ and a string ensemble.

Tickets for the Christmas concerts are $8 and may be obtained by sending that amount for each ticket requested, specifying choice of night, to P.O. Box 272, Carmel, CA 93921. Requests for tickets must be accompanied by a self-addressed, stamped envelope.

The Choral Society's Christmas concerts are traditionally sold out well in advance, so it is advisable to purchase tickets early. Information about ticket availability may be obtained by calling 646-4632. There are no reserved seats.

The Monterey Peninsula Choral Society is the Penisnula's oldest performing vocal group. It was started in 1962 by former symphony conductor John Gosling, and is now headed by David Rupert of Santa Cruz, who serves as the group's conductor and music director. The Choral Society numbers 60 performing members and performs two concerts each year, one at Christmastime and one in the Spring.

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LANGFORD & ZOEBLER
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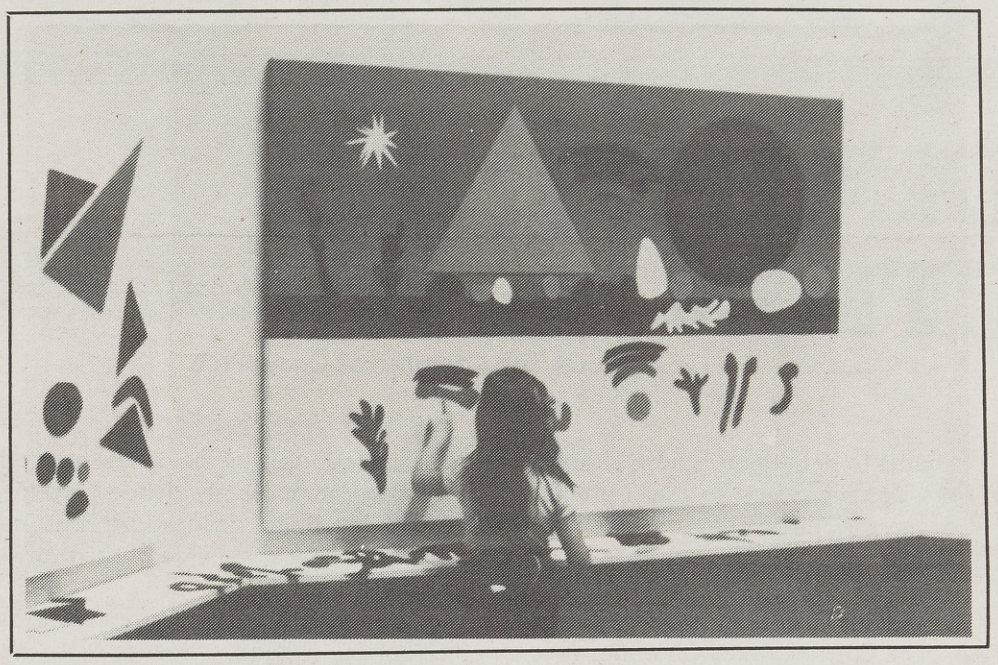
TONY SHEPPARD
FRI. & SAT., DEC. 6 & 7
ON FIRE

Carmel Valley Resident Wins Museum Juried Art Exhibit

Carmel Valley resident Ian Graham's "Warhurst Railway Bridge Twice" has been chosen as First Place winner of the Monterey County Juried Art Exhibition on display now in the Monterey Peninsula Museum of Art.

Other prize winners on display include Carmel resident Clayton Pinkerton's "Moving Through," which won the Second Place award, and Monterey resident Carolyn Berry's "Geofrey Rudel Volumes I & II," which won the third Place award. Fifty one works were chosen from the 447 submitted for show, which features works completed within the last two years by residents of Monterey County.

The Juried Art Exhibition, sponsored by the Museum Associaiton and judged by *Artweek* Consulting Editor/Columnist Fred Martin, includes paintings, drawings, sculpture, prints, and mixed media works. The decision to resume the biennial after a four-year hiatus presents local artists and viewers with another opportunity to see local contemporary art, Museum Associate Curator/Registrar Rick Deragon noted recently.



Jananne Lassetter's "Arts Parts," are among the current exhibits at the Monterey Peninsula Museum of Art.

"The purpose of the Museum when it was founded was to bring in outside work so that people could keep abreast of matters in the art world," he explained. "From time to time, we feel it's necessary to allow local artists to exhibit their own work here. This, in effect, makes the Museum a forum for current developments in the Monterey region."

The current juried exhibition will remain on display in the Museum, at 559 Pacific Street in Monterey, through January 12. the Museum is open, free of charge, Tuesdays through Saturdays from 10 a.m. to 4 p.m. and Sundays from 1-4 p.m.; it is closed Mondays and holidays.

•

Other exhibits currently on display at the Museum include:

- Artwork for children of all ages through Jananne Lassetter's "Arts Parts". The exhibit features magnetized cutouts and paintings on canvas backed by metal. Visitors are able to arrange the cutouts any way they desire.
- Thomas Harding's "camera obscura" featuring photographs made with an instrument similar to those with which Leonardo da Vinci is known to have experimented.
- Recent paintings by Kim Thoman which are on display in the Monterey Conference Center located in downtown Monterey. The exhibit features work from a continuing series which evolved from Thomans earlier mixed media sculpture.

African Dance Troupe To Perform

Peninsula residents will get a glimpse of life in the tribal homelands when the U-Zulu South African Dance Theater performs in the Sunset Center Theater in Carmel on Friday, December 6 at 8 p.m.

U-Zulu's exuberant style of dance music and storytelling identifies them as one of the most exciting native African performance troups in the U.S. The seven members of the ensemble first entertained Americans as performers in the major international musical production, "Ipi Tombi." When the tour closed in the U.S., the dancers stayed and formed U-Zulu, which means "heaven."

"Dancing is not an art form to us," said dancer Mubi Mathunjwa. "It's nature—it's part of our expression as human beings."

Admission is $10 and $8. Reserved seating tickets are available at the Director's office of Sunset Center or by calling 624-3996.

Friends Of Photography Announce Upcoming Exhibits

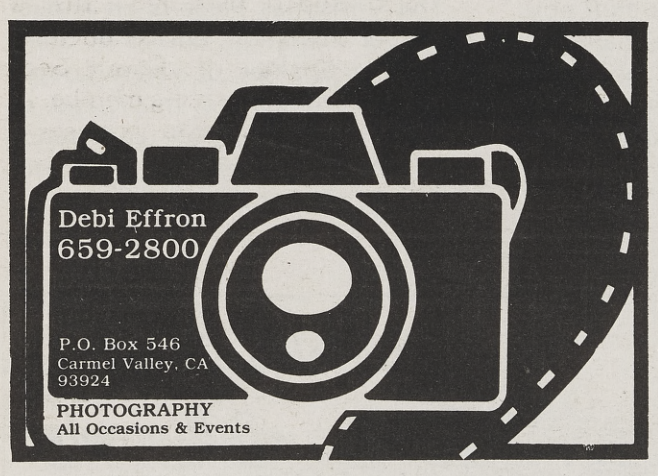
The Friends of Photography announced the exhibition schedule for the next three months.

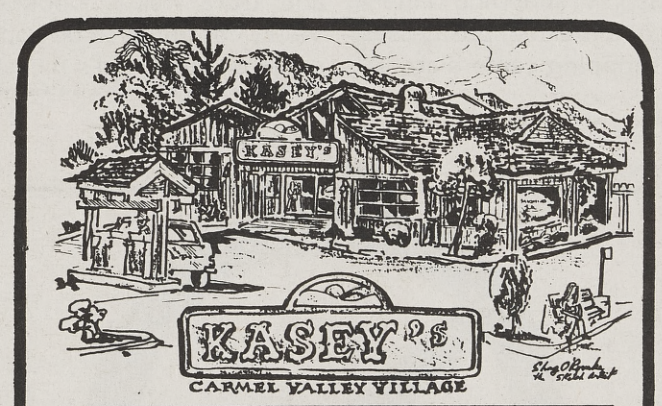
December 6-January 12: Edouard Baldus Exhibit, Nineteeenth-century photographs that illustate the landscape and towns along French railroad lines, commissioned by Baron James de Rothschild in honor of the 1855 state visit of Queen Victoria and Prince Albert to Paris.

January 17-February 25: Leon Borensztein and Michael Disfarmer Exhibit, Portraits by Borensztein, a contemporary photographer who documents the common people of the West in a direct and unadorned fashion, and Disfarmer, who in the 1930s and 1940s photographed the people of Herber Springs, Arkansas in a similar, straight-forward manner.

March 7-April 20: Edward Weston Exhibit, In celebration of the 100th anniversary of Edward Weston's birth, The Friends will host a major exhibition, symposium and traveling lecture program. The prints included in the exhibit are from Weston's later work and will be on loan to the Friends from the David McAlpin Collection of the Princeton University Museum of Art.

The Gallery, located in the Sunset cultural Center, is open every afternoon from 1 until 5 p.m.





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Sat 9 am-3 pm

BUSINESS

THE CHAMBER CONNECTION

by Grace Darcy
Executive Director
Of The Chamber of Commerce

Special Bulletin...Chamber President Lois Lammar is now at home recuperating from back surgery. At this writing, she is doing just fine, and is walking a bit. Recuperation time is estimated to be another three weeks or so, and then even more time to "take it easy," probably the toughest prescription of all for active Lois.

We send Lois our best wishes. Drop her a card when you have a chance. We miss you Lois, and look forward to your return to our Chamber.

****

The Carmel Valley chamber extends a special thanks to Milt Sabanovich, the genial manager of the Albertson's store at the mouth of Carmel Valley, and a very good friend of the Carmel Valley Chamber. With Milt's help, we were able to have a successful grocery run as first prize in our Fun in the Sun raffle.

Milt's generosity is the stuff of legend, and he extends that generosity to a number of service organizations *in the area. His genial personality and blonde good looks are the exterior* trappings for a generous heart.

In adddition to his work at Albertson's, Milt and his spouse, Penny own Fare-Way Travel, a first class travel agency headquartered in Salinas.

We are grateful to Milt for his help and for his continuing support of the Carmel Valley Chamber.

****

Merchants need a little thanks, too. Why? Well, when charitable and service organizations need to raise funds, they generally turn to the local merchants to help them. These shopkeepers donate prizes to any number of organizations and causes, usually with little or no hope that the "bread" they have cast upon the waters of charity will return to them as new business.

The Carmel Valley Chamber tries to acknowledge gifts received from both member and non-member merchants, and urges its members to support other members. We can do only so much. If you shop at a specific store because you won a prize donated by that store, let the owner know why you shop there. S/he will appreciate knowing from whence you came and why.

Too, if you have won a prize donated by a merchant, continue to patronize that store. Try not to go there just to get your prize and then forget about it. These are the businesses that keep a number of organizations "alive," and they deserve your patronage and mine.

****

Christmas Decorations Contest time is here again! You're right, where has the year gone? We don't know, either, but we do know that it's almost time for the Chamber to present its annual awards for the business and residential winners of our Annual Christmas Decorations Contest.

The Contest is limited to those areas that lie within the boundaries of the Carmel Valley Chamber's "district" (Highway 1 on the West; Jamesburg area on the East). No shopping centers are eligible, but individual businesses within those shopping centers are indeed eligible.

Decorations must be on the outside of the home or clearly visible from the outside; business decorations must be in the window or outside of the individual business.

If you would like your business or residence judged, please call the Chamber office at 659-4000 before December 15 and register for judging.

****

The new face at the Carmel Valley Family Dental Care Center belongs to Sue Lennox, the new office manager for Dr. John Von Berg, Dr. Steve Austin, and dental hygienist Pam Austin (we don't know if almost-one-year-old Alex Austin has been given a title yet). Sue came to Carmel Valley from Vancouver, British Colunbia, in March 1985, and brought with her 20 years experience in dental office management.

Sue found her way to Carmel Valley because she was looking after the children of personal friends who lived here. She learned to love the Valley, and decided to stay.

"I really love it here and hope to stay for a long, long while," Sue said.

Welcome to Sue Lennox, the latest addition to a staff of outstanding people who really care about those of us who come, shaking and trembling, to the dentist's office. The Carmel Valley Family Dental Care Center staff now include Sue Lennox, office manager; Michelle Genone,, dental assistant; and Dora Hsiao, bookkeeper. The Valley continues to be populated with some of the world's nicest people.

****

Chamber Members...don't forget to come to the office "open house" on Thursday, December 5 at 5:30 p.m. The new office is on the west side of the Plaza Linda Building in the Carmel Valley Village, and is the first office the Chamber has had as its own. We've shared offices before, as most of you know, but this time, the office is ours. Do come and help us celebrate!

****

The Mixer at Stonepine was great. Despite the rain, a goodly number of members attended this event. The music, food, and libations were delicious and delectable, and the ambience was outstanding. A very special thanks to Stonepine's genial manager, Dirk Oldenburg, for hosting this very special event. It was especially nice to see members we haven't seen for awhile...Rita and Bob Seger of Seger's Kitchens, for example, and Sharon Sands and Sally Lassater of Sallyforth. More about this next time.

****

Just a reminder to newly elected, outgoing, and remaining Board members—there will be a joint Board meeting on Thursday, December 19, at 5:30 p.m., just prior to the chamber Christmas Party at Valley Lodge. From this meeting, The Board will produce its officers for the coming year.

The Christmas Party is an annual Chamber traddition, hosted by Sheri and Peter Coakley of Valley Lodge. Peter has arranged for music and, of course, the comfortable conference room at Valley Lodge is most conducive to pleasant partying.

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for Christmas
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6 Carmel Valley Rd. (Across from White Oak Plaza)

VICTIM

"GOD'S MAN — VICTOR, NOT VICTIM"

Inviting you to a Christian Science lecture
by Deborah Appleton Huebsch, C.S.B.
member of the Christian Science Board of Lectureship

Tuesday, December 3rd, 12:15-1:15 p.m.
Sunset Center Auditorium, Carmel, CA
9th & San Carlos
child care provided
sponsored by First Church of Christ, Scientist, Carmel
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Paul and Mary Kay Allen of Allen & Co.

Christmas Shopping With Charities In Mind

The approach of Christmas always brings out the giving spirit in individuals. To foster that spirit in the business community Paul and Mary Kay Allen of Allen & Co. are offering a special promotion centered on raising needed funds for local Monterey Peninsula charities.

From now until Christmas, the Allen's will be offering a series of "Invitation-Only" gift shopping evenings. A portion of each sale made during these special gatherings will be donated to the charity named by the customer.

Each Tuesday, Wednesday and Thursday from 5 to 8:30 p.m. business professionals, retired residents or special interest groups can do their Christmas shopping in a relaxed atomosphere while helping a local charity. To begin with the Allens have committed ten percent of each sale as a donation with hopes that it will go up from there. According to Mr. Allen they are more interested in helping the lesser known charities. "The one's that don't always get the attention of the media," he said. "The ones who are really struggling and need help."

"We hope the idea catches on," said Mr. Allen, "it's a way for the businesses to give something back to the community."

"At the end of the season we'll get a chance to see how it works and maybe do something for a charity of our choice," said Mr. Allen.

All of the items in the store will be available for purchase. Among the offerings are fine china, crystal, silver, items for executives, as well as home furnishings and accessories.

Those that are interested in participating can call 625-3746 for an invitation. For retirement community residents, the Allens have also made special arrangements for transportation as needed.

Rippling River Talent Continued from page 7

to Lily. Lily, who has taught this class for the last nine years, is everywhere at once. Opening bottles of glazes, encouraging ideas, and directing traffic. What with regular chairs, wheel chairs, tables and a potters wheel to negotiate, (not to speak of children, dogs and visitors) directing the flow of traffic is no mean feat. However, managing all this comes easily and effortlessly to Lily, the prime-mover behind this enthusiastic flow of activity. Due to her ability to motivate these talented students, the crafts class, as mentioned earlier, is now self-supporting and they have also purchased an electric potter's wheel.

The story behind obtaining the potter's wheel speaks of ingenuity, perserverance and community generosity. Once everyone in the class decided they wanted to get the potter's wheel, they formed a committee and elected Philip Childress as the chairman. Philip did all the planning, research and legwork to obtain the best potter's wheel for the crafts class.

The class started collecting the money by printing up some napkins for the Taylors, for which they received their first $100. With this as an incentive they next appealed to the Soroptomist's Club, and through the persuasive diplomacy of Roger Weeks, the Soroptomist's Club generously donated to the potters wheel cause. At this point, Maurice and Julia Harvey offered to match funds if the class could raise the rest of the first half of the amount needed for the wheel. They were able to do this by having two Christmas Bazaars and the generous use of display and selling space at Donna Hamilton and Dennis Thush's Mushrooms and Produce, the best fresh vegetable market in the Village. It was just after the Christmas Bazaar last year that the crafts class finally obtained their potters wheel.

The continuing goal of the class is to remain self-supporting and self-sufficient. So please come and enjoy the conviviality, warm spirits and unique gifts offered at the Rippling River Crafts Bazaar.

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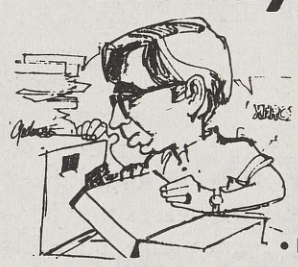
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Answers To Your Questions About Presbyopia

What is presbyopia? Presbyopia is a vision condition in which the eye's focusing ability has gradually decreased so that vision at normal reading distance is blurred and difficult. Due to the normal aging process, a gradual loss in focusing ability happens to virtually everyone. It cannot be prevented, but can be corrected.

At what age does presbyopia occur? It varies from person to person, but usually a decline in focusing ability becomes noticeable between the ages 40 and 45. Although the decline is much more apparent and seems to suddenly occur at that age, the eye's focusing ability actually begins to decrease during late childhood.

What causes presbyopia? In general terms, presbyopia results from the normal aging process of the lens of the eye.

What are the signs of presbyopia? Common signs include blurred and uncomfortable vision at normal reading distances; a tendency to hold reading material further from the eyes; and headaches; fatigue or difficulty in concentrating while doing close work.

How is presbyopia corrected? Properly prescribed eyeglasses and, in some cases, contact lenses are used to compensate for the eyes declining ability to focus. In prescribing treatment for presbyopia, the doctor carefully considers the specific visual needs and individual characteristics of each patient. These include the patient's size, job requirements, hobbies and routine activities. Corrective lenses can aid vision, but cannot stop the natural decrease in focusing ability.

Why are frequent lens changes necessary after 40? The decline in focusing ability can be corrected only as fast as it occurs. As it decreases, stronger lens correction for close work is required periodically.

Does presbyopia get progressively worse? Normally vision goes through a gradual cycle in which most of the focusing ability is lost by about age 65 or 70. At that time, vision stabilizes and frequent lens changes are not necessary, although annual examinations to check eye health are still important.

Periodic examinations are a good means of diagnosing presbyopia and treatment can help to compensate for decreasing focusing ability.

HELP YOUR HEART

American Heart Association

Survey Shows Americans Underestimate Stroke

First of a three part series.

Americans underestimate the number of lives claimed each year by stroke and they don't always associate lifestyle changes with stroke prevention, according to a recent American Heart Association survey.

Respondents to the random survey incorrectly rated accidents as the third leading cause of death instead of stroke.

"The survey indicates to us that people aren't aware stroke is the third leading cause of death in this country, behind diseases of the heart and cancer, and that it claims more than 155,000 lives a year," said Robert G. Van Horne, M.D., President of the Central Mission Trails chapter of the American Heart Association.

Those polled also have not learned that they can take an active role in reducing the risk of stroke. Although 90 percent of those with high blood pressure said they knew high blood pressure was a major cause of stroke, 85 percent of the same group said they thought nothing could be done to prevent stroke.

"Certain lifestyle changes can help control high blood pressure, which is a major risk factor for stroke. It is disturbing to know that of those polled with high blood pressure, as well as healthy Americans, don't realize this fact," said Dr. Van Horne, a Salinas Cardiologist.

According to Dr. Van Horne, maintianing ideal body weight, reducing salt in the diet and following doctor's orders on medication can help control high blood pressure and in turn may reduce the risk of having stroke.

The survey also showed that those responding were not entirely certain of the warning signs of a stroke. Although 91 percent knew that loss or slurring of speech was a warning sign, only 65 percent identified weakness or loss of feeling in the arm or leg as a warning sign. About 74 percent correctly identified sudden loss of sight in one eye as a warning sign of stroke.

Knowing and recognizing these signs is critical to preventing some strokes, according to Dr. Van Horne.

"We know at least 10 percent of stroke victims have a mini-stroke, called a transient ischemic attack (TIA), before a major stroke occurs."

Other significant statistics show that black Americans and those in lower income groups were the least informed about stroke, yet these groups have a higher incidence of high blood pressure and stroke.

Most of the respondents recognized that patients who have been affected by stroke can recover and be helped by therapy. But confusion about rehabilitation was evident when almost a third indicated that stroke survivors are so disabled that they require institutional care.

"We've come a long way in understanding and preventing stroke and rehabilitating its victims, but to reduce needless premature death and disability from stroke, we need to get prevention messages to the public, Dr. Van Horne said.

For free pamphlets on stroke, call your local American Heart Association at 372-0485.

"A Threat to Relapse: Dry Drunk or Co-Dependency?", the third in a series of lectures on "Issues in Recovery" by Janet Hurley MFCC, will be presented by Beacon House, Dec. 8, 6-9 p.m., at the Pacific Grove Community Center 515 Junipero. Cost is $6 at the door with proceeds benefiting Beacon House. Call 372-2334 for information

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THE BOOKWORM

by Mary Berta

The Anxieties Of Learning Difficulties (cont.)

So how does one alleviate the anxieties of parents and of children when parents are deeply concerned about their child's performance and the children are angry or withdrawn because they perceive themselves falling farther and farther behind the other children?

First of all, we need to define the problem. We're only talking here about Specific Language Disability (also known by a variety of other names, depending on what terms the different experts use), which is a communicative disadvantage in that the child exhibits a disorder in one or more of the basic psychological processes involved in understanding or using spoken or written language. There is a significant gap in the child's educational achievement and intellectual potential because of a disorder in one of more of the following: listening, thinking, talking, reading, writing, spelling or arithmetic. These children have a handicap or disadvantage that makes achievement difficult. These handicaps have nothing to do with a physical mechanism, but it is how the brain works in a particular area or areas. Of course it's also wise to check hearing and vision.

The first step is diagnosis. A parent or a teacher may request testing for the child. Tests do have limitations and are not 100 percent valid, so they should be used in connection with observation of the child and teacher judgement. One of the preferred tests is the WISC-R (Wechsler I.Q.-Revised) which can aid in identifying the strengths and weaknesses of the child. Worrying about what may have caused the child's problem will hinder parents from taking the second step, which is doing something to aid the child, not waiting until it becomes critical. Experts have different ideas about what caused it, but this is only inferential as no physical test can be done to show the presence or absence of a disability. It's guesswork.

So, how does one design such a program? The visual, auditory and coordination problems are in the same area of the brain. Usually the best program is one that uses all of the senses to teach the child [i.e., auditory (hearing it), visual (seeing it) and kinesthetic (feeling it with the muscles)].

For example, if a child is weak in the auditory area such as: auditory discrimination—the ability to distinguish differences; auditory figure ground—the ability to block out other sounds and to concentrate on a certain sound; auditory memory—the ability to retain what is said, then the use of visual clues and/or kinesthetic motions (lips, tongue, teeth, hand and arm) will deal with it and teaches the child an alternative channel or mode by which to learn. TEACH TO THE STRENGTH! There's no such thing as a complete cure or correction, but the child learns to cope.

Visual memory and figure ground are almost identical to auditory. The child can't retain what's seen and can't separate an object from the background and focus on one object. Here again, a program that uses all of the senses will strengthen the weak visual areas by use of the stronger areas of auditory and kinesthetic.

What's consoling to both teachers, parents and children alike is the progress observed and the imporvement in performance. All children make progress, some at a greater rate than others. This steady progress is what alleviates the anxieties and boost self-esteem. Testing, which pinpoints STRENGTHS as well as weaknesses, can also relieve anxiety. Counselling for both parents and children is often necessary to reassure both. Over and over again they need to be told that it will get better and that some people just need a different way to learn. Success breeds success. What's CRUCIAL is EARLY IDENTIFICATION AND EARLY AID, no later than the last part of first grade. Please call me for special tutoring for your child. 659-2305.

Our Fire Departments Are Independent Of Each Other

(Editor's Note: In light of the problems at the Mid Valley Fire Department residents should know that there are four agencies that provide fire protection and emergency services to the valley: The Cachagua Volunteer Firefighters, The Carmel Valley Fire Protection District, the Rio Road Fire District and the Mid Carmel Vally Fire Department. They operate independently of each other so their problems are localized. Here is information on the Carmel Valley Fire Protection District.)

The Carmel Valley Fire Protection District was formed in 1948 to provide fire and rescue protection to the residents and visitors of the Carmel Valley Village area The original name was the Tularcitos Fire Protection District, but the name was soon changed to its present name to avoid confusion with the California Department of Forestry's Tularcitos Station located in Cachagua.

After purchasing a 1½ acre parcel on Via Contenta, a small barn was built by the volunteer firemen to house their first fire engine, a 1948 Van Pelt 500 GPM puumper. As more equipment was purchased, additional bays were built onto the barn, including a communications center and an office area. In 1969 a 2,400 square foot Training Building was built to provide for the instructional needs of the volunteers, who meet weekly for fire, rescue and first aid drills.

Recognizing the need for more spacious and modern facilities, in 1977 the old firehouse was torn down and a new fire station erected on the same site. Currently, the Carmel Valley Fire Protection District maintains an up-to-date fleet of vehicles and equipment designed to meet the emergency needs of its citizens. This includes two 4-wheel drive brush trucks, one 1,500 gallon water tanker, two structure fire engines, one State of California Office of Emergency Services fir engine, one 4-wheel drive rescue truck and one emergency ambulance.

The heart and soul of any organization is its people, and the Carmel Valley Fire Department feels it has one of the strongest volunteer departments in the state. Led by Fire Chief Robert Heald and Assistant Chiefs Don Cummings and Bill Parham, the department consists of a secretary, four paid and 32 volunteer firemen who train hard and are proud of their work. The district is administered by three directors who are elected by the voters to a 4-year term. They are Jerry Kurz, Larry Busick and Bud Hobbs. They Board conducts monthly public board meetings at the fire station on the second Tuesday of each month at 5 p.m.

The members of the Carmel Valley Fire Protection District would like to thank the residents of Carmel Valley for their constant support over the years and pledge its continuous emergency services.

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KIWANIS NEWS

by Steve Austin

December 8th is the starting date for this year's Carmel Valley Kiwanis Club Annual Christmas Tree Sales. We will be open 4-8 p.m. Monday through Friday, and noon to 8 p.m. weekends. The Mid-Valley Shopping Center has again given us permission to use the parking area adjacent to the old Crocker Bank. The sale will run through December 23rd or until all the trees are sold.

Gary Tate, chairman and founder of the project will be assisted by co-chairmen Terry Williams and Gene Erner. They have over 350 trees on the way. There will be a wide selection of sizes and types of trees including: Noble Firs, Plantation Douglas Firs (shaped), Wild Douglas Firs and tabletop varieties. When purchasing a tree, each customer will be given a chance to win one of five giant turkeys that the club will raffle off on December 23rd. What a nice way to spend Christmas, a beautiful tree and a free turkey.

This project represents one of our clubs major fund raising activities, and all proceeds from the sales are returned to local youth and community organizations. These include the C.V. Little League, YMCA soccer, Scouts, Barracudas, Community Center, Red Cross, Salvation Army and some fifteen additional groups. Last year the club netted over $2,000 from the tree sales and with your help we can improve that record.

The sales force will include the entire active membership of our club as well as the Carmel High Key Club. Thanks to fellow Kiwanian Raz Belleci the workers will have a refuge during the cold evenings and occassional (we hope) shower. As in the past, Raz has given up his R.V. for the duration. There will also be a warm fire for any cold hands or feet that visit our lot.

You will find our trees competitively priced and also have the satisfaction of demonstrating your support for those in need in our community. Who knows, you may win a free turkey in the bargain.

It's not all work in the club for on Friday, Dec. 13, the Annual Christmas Party will be held at Wittman's Restaurant. A good meal, an exchange of gifts and Christmas songs are on the agenda. Organizers Colonel Dick and Patti Clarkson have arranged for a great evening.

The club was saddened to hear of the loss of Kiwanian John Scroggs after a long illness. John, a past president and director of our club, was one of our most active members. Always willing to help, John epitomized what community service is all about. He will be sorely missed and long remembered.

In November the club had the honor of recognizing Joe "Giussepe" Ricupero for 28 years of active membership in the Carmel Valley Club. Joe, a past president and an originator of our President's Council BBQ (a great fundraiser), has been an asset for all 28 of those years. Congratulations Joe!

At the recent board of Directors meeting the club had the pleasure of being acknowledged as one of our top district clubs. The District include the Salinas and Monterey Peninsula areas. In addition the board authorized contributions of $250 to the Red Cross Ambulance, $200 to the Salvation Army and $300 to the CHS "We Care" organization. Also of note A.J. Stotler accepted the Interclub chairmanship with newer members Sid Lester and Ralph Auer as co-chairs.

Notable speakers this month included the Monterey Bay Aquarium slide program, Naval Post Graduate School Speaker's Bureau, Afganistan, Rona Halpern—Stress Management and the American Field Service. Coming up: The Hospice, Women's Resource Center and Friends of the C.V. Library. If you would like to attend one of our Tuesday noon luncheons at Hidden Valley or are interested in our club please contact your Kiwanian neighbor or membership chairman Lou Gardner at the Blue Sky Lodge.

WOMEN'S CLUB

by Maureen Dalton

The Carmel Valley Women's Club will be getting into the holiday spirit when they and their guests attend a Christmas party. The buffet luncheon will be held Wednesday, December 4, on the campus of Hidden Valley, in Carmel Valley. The wine and punch social time will begin at 11:30 a.m. with luncheon following at 12 noon.

A program of Christmas music will highlight the afternoon, and co-chairpersons Mrs. Sally Fargo and Mrs. Phyllis Shultz promise a festive and jolly itme for all. For reservation call Mrs. Helen Keene at 659-4283.

The Board members met this past week at the home of Mrs. Sally Fargo. These meetings are always busy sessions involving the planning of future events and projects for the Club. Co-chairpersons Mrs. Sally Fargo and Mrs. Phyllis Shultz are responsible for planning all luncheons, teas and programs held by the Club. These ladies are very creative, and each affair is a delightful one.

The Club, under the able guidance and direction of President Mrs. Beth Morrow, is enjoying a successful and exciting year.

The November luncheon and game party was a tremendous success. The delicious luncheon prepared and served by the gracious staff of the Hacienda Carmel, was well attended. The enthusiasm of the ladies at the game tables ran high, and all agreed the occasion was one they would never forget. Mrs. Loris (Cookie) Meadows, a well-known Carmel Valley lady, was playing her hand like a real professional. She and the ladies at her table were still playing at 4 p.m. Watch out Las Vegas.

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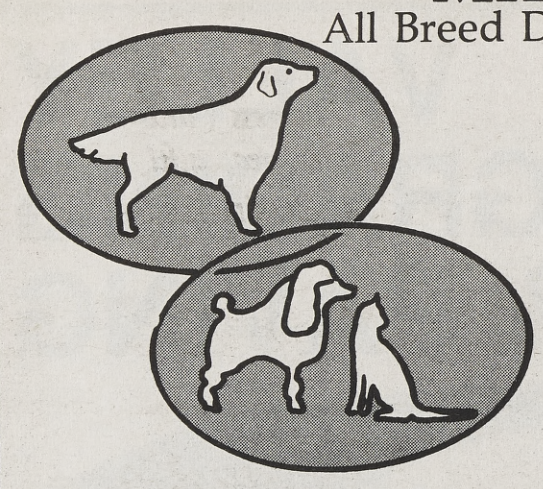

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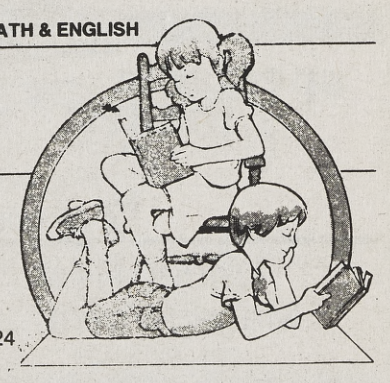

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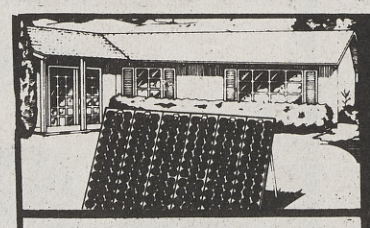

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Another Successful Event For The Chapel Guild Ladies

The ladies of the Carmel Valley Community Chapel Guild wish to thank all the people that attended our annual Bazaar and helped to make it a success.

The "Country Bazaar with a Touch of Elegance" is our annual fund raiser and the ladies work throughout the year toward this special day! Behind the scenes are the families and friends who are so supportive and patient through this endeavor. We all thank them for their patience and help.

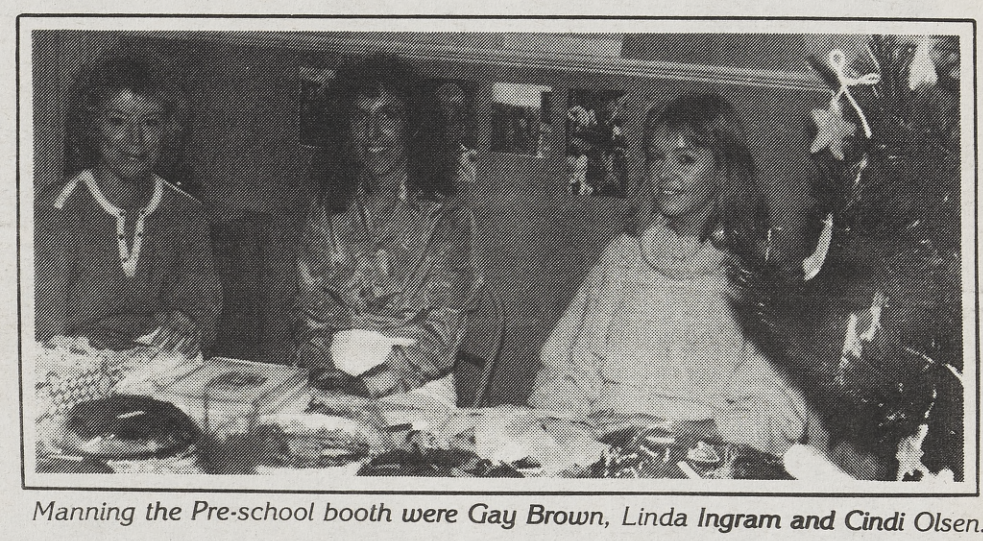
We would also like to extend a very special thanks to the local business and those that donated time and goods: John Monroe, John's Meats (Village Market); Mr. and Mrs. Charles Guilford; Denis Thush (the Valley Green Grocer), Mushrooms and Produce; Nancy Amato, Tastefully Yours; Kathy Callinan, Iron Kettle Restaurant; The Feldons, Dresden Stollen Bakers; Maurice and Julia Harvey; Roger Weeks; Egon and Anne Werdleman; and Phyllis Shultz.

A special thanks to those that participated in the fashion show: De Cabral, who coordinated the effort; and Adrian Meckle, played just the right melodies. Modeling this year was Anne Denison; young Nicolas Beaudoin and his parents Rev. Anne Swallow and Rev. John Paul Beaudoin, Mandy Little, Scott Thatcher, Kathy Callinan and her children Justin and Monica, Shirley Nimmons and Marjorie Ziegler.

Thanks to Linda Ingram for organizing the Chapel Pre-school booth. As always, we enjoyed seeing and buying the charming things created by the children and their mothers.

Thanks too, to the Carmel Valley Sun and Valley Typesetters for spreading the word about the Bazaar and their helpful directional signs.

Through the cooperation of all our hard working Guild ladies, and ALL concerned, we had the "right ingredients" for an exciting and delightful day of community fellowship!



Manning the Pre-school booth were Gay Brown, Linda Ingram and Cindi Olsen.

We extend to you and yours, warm wishes for a Happy Holiday Season!
Donna Hamilton
Marjorie McKiernon
Co-chairs

Intervention Continued from page 3

Jan. 6 at the Recovery Center. He said they have formally been doing interventions for only for the past three months, informally, however, they have been doing them for quite some time.

The reason the Recovery Center started offering interventions was because of the calls they got. "Not from users themselves, but from family members," said Jampolsky.

"A lot of poeple think people go to seek help out of pain. My belief is that people go to seek help because they have some hope. I look at it as our job to keep that hope going and show people what they can do regardless if it's an intervention," he said. "Sometimes an intervention is not an appropriate thing to do."

If the family doesn't feel they can go through the process they can still have an intervention done with the help of an intervention specialist.

Ed Storti of Intervention Specialists, Inc. in San Pedro California is just such a specialist. He traveled throughout the world doing interventions for the past ten years.

Committed to the treatment field, Storti's goal is to get the addict to treatment.

His program, which he developed over the years, is created to go into the home and create a positive crisis in one's life so he can motivate them to get help. "It's a positive crisis based on saving a person's life when they won't save it themselves," said Storti.

Rather than have the family and friends confront the individual, Storti does that himself. He flies in and has a two to three hour session with the family and the next day holds the intervention—one on one. He likes the family and friends available for positive reinforcement or precise information. "I need the right mix of people then I can go to work," he said.

A plan for the person to get help has already been arranged.

The time it takes him varies as he bats down excuse after excuse leaving no outs for the abuser. "Some take ten minutes, some take three hours," he said.

Timing is important to Storti as well. "They should wait for a crisis but don't let that be death," he said.

"I think for an intervention to be profound we have to allow that person and significant family members to do what ever they can do," he said. "An addictive person is so manipulative and procastinates so that there comes a time in life when family members have to take a stand," he said.

He feels that usually by the time they call him they have already waited too long. "By the time I'm called I could have done an intervention five to ten years prior. It's usually a couple of years for a teen," he said.

Storti boasts a high success rate. "A study done this summer showed out of 104 interventions 93 were placed in a facility," he said.

The cost of an intervention varies. At the Recovery Center of the Community Hospital the intervention program is a public service and there is no charge. They provide the initial information session, as well as approximately five hours of education and ten hours working with the family members explained Jampolsky. With other interventionists some charge and some don't. Charges can range from $500 to $1,000. Good to note however, is that there are some surance companies that will cover the cost of an intervention.

Though the discussion focused mainly on the alcoholic or drug addict and intervention can be used on any type of compulsive behavior or addiction. "People not taking medicine after a heart attack, anorexia, bulemia, sex addicts. It's for any kind of compulsive behavior."

Intervention counselors such as Jampolsky would like to see intervention become a household word. "The more it does become a household word, the more people can see they don't have to continue living in the situation that they're living in," he said.

For those interested in learning more about interventions, the Recovery Center holds a free information session from 1 to 2:30 p.m. every Tuesday at the Center. Or, Janet Hurley can be contacted at 659-3392 and Ed Storti can be contacted at (213) 548-3973.

Library Will Present Story Hour

The Carmel Valley Library will have a story hour and Christmas party for pre-school children at 10 a.m., Dec. 11.

Sunny Church, Monterey County's children's Librarian will tell stories at the Library. Afterwards everyone will make decorations for the Library's Christmas tree. All pre-school children are invited. Advance registration is requested.

For more information call 659-2377.

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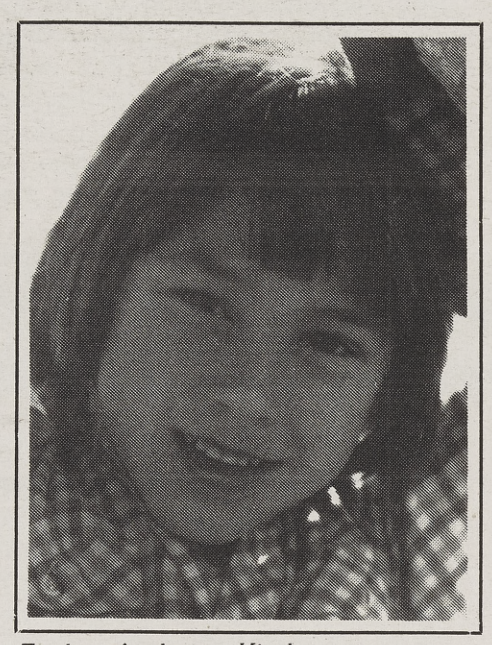
VALLEY VOICES

Photos by Debi Effron.

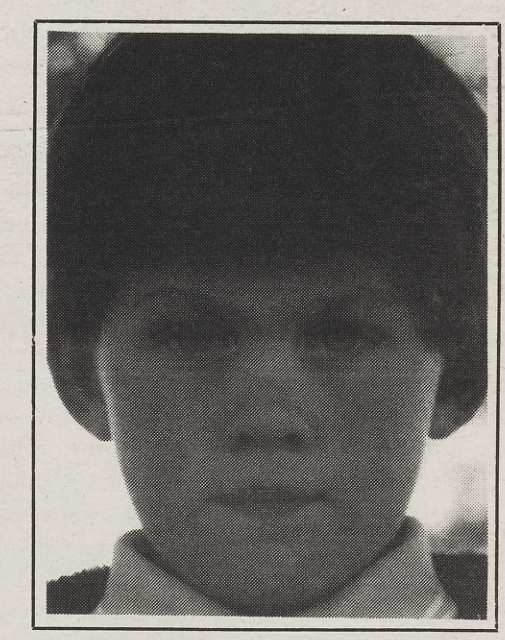
What is Thanksgiving?

Christa Querforth—Kindergarten
"I don't know what Thanksgiving is."

Lynee Colby—Kindergarten
"You have a turkey, vegetables, carrots and mashed potatoes. That's all I know."



Zephyr Andrew—Kindergarten
"When people do a big feast."



Andrew Estob—Kindergarten
"I don't know."

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27 Closed in preparation for Thanksgiving	28 Happy Thanksgiving Traditional Turkey 7 p.m. seating available. Call for reservations.	29 Delicious Mediterranean Fish Stew with Tossed Green Salad*	30 Fully Booked	1 Champagne Brunch 10-2	3 Lunch 11-3 Tea 2:30-5 Closed Dinner
4 Australian Baked Chicken with Banana & Pineapple Fritters & Baked Potato	5 Braised Oxtail with Mashed Potatoes & Broccoli	6 Veal Paprika with Egg Noodles & Green Beans Julienne	7 Roast Beef with Yorkshire Pudding & Steamed Carrots with Lemon Glaze	8 Champagne Brunch 10-2	10 Lunch 11-3 Tea 2:30-5 Closed Dinner

*Tossed Salad Substituted for Vegetable Basket

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